



# Jenny Craig Diabetes Cookbook

*Jenny Craig, Oxmoor House*

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For over 30 years, I have helped people recognize the lifestyle changes necessary for long-term weight management. In the process of losing weight, many have improved their health and have renewed their enthusiasm for living. It is my sincere hope that this cookbook will help you create your own healthy lifestyle, improve your control of diabetes, and enhance your health and well-being.

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